



Serves: 4

Eight Treasure Pilaf

Ingredients

- White rice ⅓ cup*
- Brown Rice ⅓ cup*
- Glutinous rice ⅓ cup
- Canola oil 1 tbsp*
- Dried shrimp, finely chopped 1 tsp
- Five spice powder ½ tsp
- Pepper a pinch
- Water 1⅓ cup

Treasures

- Sesame oil 1 tsp*
- Onions diced ¼ cup
- Chicken breast meat, skinless, cut into 1cm pcs 150g
- Lotus seeds ¼ cup
- Ginkgo nuts ¼ cup
- Bamboo shoots ¼ cup
- Braised peanuts ¼ cup
- Red dates ¼ cup
- Dried longan ¼ cup
- Chinese mushroom ¼ cup
- Wolfberry ¼ cup
- Light soy sauce 2 tsp*
- Spring onion, chopped, to taste

*Choose products with the Healthier Choice Symbol.

Tips:

- Use more water when cooking wholegrains, as wholegrains absorb more water than refined grains.
- Leaner cuts of meat (e.g. skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To further enhance their healthfulness, remove visible fat and skin where possible before cooking.
- Plant-based foods such as wholegrains (e.g. brown rice, wholemeal bread and oats), vegetables, fruit and beans are rich in fibre, which promote the feeling of fullness and also help in blood sugar control.

Method

- Combine the rice and wash.
- Heat canola oil in non-stick wok. Stir-fry dried shrimp, rice, five spice powder and pepper.
- Transfer to rice cooker. Add 1⅓ cups water and cook for approximately 15 minutes (or until most of the water has been absorbed).
- Heat sesame oil in pan. Add mushroom and chicken breast meat and stir-fry for 5 minutes. Add the remaining ingredients .
- Add the soy sauce and stir-fry to mix well.
- Add the 'treasures' to rice and stir.
- Place rice in a cleaned lotus leaf, wrap and secure with a string and steam for 30 minutes until rice is fully cooked.
- Serve rice in lotus leaf and allow diners to experience aroma by opening it by themselves.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 343kcal
Protein 16.6g
Total fat (g and % of total calories)
7.1g (16.0%)
Saturated fat 0.81g
Cholesterol 22mg
Carbohydrate 52.3g
Dietary Fibre 2.7g
Sodium 442mg